



The Fleet & Family Support Center

Newsletter

FEBRUARY 2006

FFSC: 1-847-688-3603, Toll free: 1-888-231-0714, FFSC Information and Referral: 1-847-688-3603 ext. 100 or 1-888-231-0714 ext. 100.

Users of all programs, classes and services in the Fleet and Family Support Center will be required to show their military identification card at the front desk each time they enter the building. Non-military personnel who may be visiting or conducting business in the FFSC will be required to show a picture ID. If you need special accommodations to participate in any FFSC program, notify the listed point of contact.

Spouse Orientation

Spouse Orientation provides information for new arrivals and others interested about the services, facilities, and recreational activities we have here at Great Lakes. The next session is scheduled for Thursday, 11 May 2006 from 9:00 a.m. to 2:00 p.m., at Forrestal Village Chapel. The session will include presentations from the MWR Department, Armed Forces Bank, U.S.O., Naval Hospital, Navy Exchange, Fleet and Family Support Center, Security, Chaplains, Navy Federal Credit Union, Navy/Marine Corps and Relief Society, Forrest City Residential Management and Ombudsmen. The session includes a windshield tour of the base and surrounding area. Contact the front desk of the Fleet and Family Support Center, 688-3603, x100, no later than 5 May 2006 to make reservations to attend.

Spouse Morning Out

The Spouse Morning Out group meets every Wednesday from 10:00 until 12:00 Noon in the Forrestal Village Chapel Nursery. This is a great opportunity for socializing, picking up new ideas and making new friends. Activities include guest speakers on health issues, medical and dental benefit programs, and finances. There are also seasonal and holiday-themed classes and ideas to keep the kids entertained. Reservations are not needed. Just come and enjoy.



FREE TAX PREPARATION

Beginning January 25, 2006, free income tax preparation and electronic filing to the Internal Revenue Service will be available via the Volunteer Income Tax Assistance program (VITA). The VITA Tax office is located in Building 837, Room 105. For an appointment call the Tax Office at (847) 688-4711.

Moving and the Modern Military Family



There is an old Navy saying: "If the Navy wanted you to have a family, it would have issued you one with your seabag." The folks at the Fleet and Family Support Center are doing their best to make this saying as outdated as possible.

A military family consists of the active duty person(s) and one or more family members. All are welcome at the Fleet and Family Support Center where a myriad of services are offered: counseling, relocation assistance, personal financial management, assistance for parents, information and referral to necessary services, employment assistance for family members, retiring or separating help, just to name a few.

A primary goal of the FFSC is to make the military family members comfortable in their new surroundings. Moving is a fact of life in the Navy, and the most successful, thriving families are those who look at the positive side of a new assignment: new places to explore, new friends to meet, decorating a new apartment or house, plans for a variety of activities and hobbies, new schools for the kids or job for the spouse.

The minute those orders are received, it's time to find out about that new duty station and what it offers for the family. Relocation centers are conveniently located on this base at Buildings 236 and 621, as well as the Fleet and Family Support Center. They contain a plethora of information about bases and ships around the world, from Yokosuka, Japan to LaMaddelena, Italy or right here at Great Lakes. The proper information can be a great stress reducer as you plan your move.

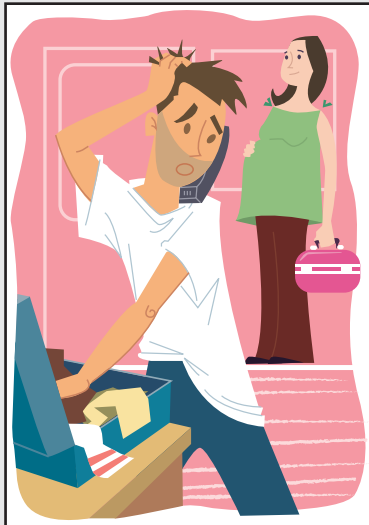
Immediately upon the family's arrival at the new duty station, start creating that new home. If assistance is needed, remember that the FFSC offers a myriad of programs and services to maintain military family life at its best. Help perpetuate the stellar Navy motto that says: "Home is where the Navy sends us."

Healthy Pregnancy/ Healthy Baby Class

The focus is on the childbirth process and breathing techniques used during labor. The next class is scheduled to begin January 19, 2006, at 6:30 PM and will be held in the Forrestal Chapel. The remaining 5 sessions will be on January 26, February 2, 9, 16 and 23. To sign up, call Nancy Decker at (847) 688-6101, extension 3694.

Prenatal Class

This class is available via video and handouts. The topics include: Your health, body changes and needs; Fetal and Infant Growth and Development; Infant nutrition – breast feeding, bottle feeding and transition to solids; Newborn care; Bathing your baby; Child safety, toys and traveling; Labor and delivery. For information contact Paul at (847) 688-3603, extension 203.



Infant Playgroup

The Infant Minnows Playgroup meets Thursdays from 10-11:30 a.m. on the FFSC's second floor. Come join other mothers and their newborn to walker babies. Learn what to expect over the next few months. Paul is the POC at Ext. 203.

Toddler Playgroup

The Toddler Sea Otters Playgroup meets on Tuesdays from 10-11:30 a.m. in the FFSC second floor classroom. This is for children from walking age to 2-1/2 years of age. Call Paul at Ext. 203 to register.

New Parent Support Home Visitation Program for New Parents

The New Parent Support Home Visitation Program is made up of a team of professionals that provide supportive and caring services to military families with new babies. Navy and other military families expecting a child or who have children ranging from birth to three years of age are assessed to assist with the demands of a new baby. New Moms and Dads can also be referred to community new baby programs and are eligible to participate in a voluntary home visitation program free of charge. For information about any of the FFSC's New Parent Support programs, call Paul at (847) 688-3603, Ext. 203.

Transition Assistance Program

Service members and spouses who will be leaving the military are encouraged to attend a TAP class within six to twelve months before separation or retirement. This five-day seminar covers topics such as benefits, entitlements, job search preparation, resume writing, and interview techniques. Contact your command career counselor to make a reservation, complete DD-Form 2648 (Pre-separation Checklist) and a registration form. Call Colleen at (847) 688-3603, extension 147 for more information. Both forms are available at <https://www.ntcgl.navy.mil/fsc> on the Transition Relocation page.

Career Transition...

I was reading in an article the other day that explained how employers say there is a shortage of qualified applicants to fill the need of today's workforce, and future projections were not much better. What does your resume say about your qualifications?

To meet the needs of industry today and in the future, applicants need to prepare for the job market as early as possible. Education is the foundation for future employment, and there are very few well-paying jobs that can be found which do not require, at the very least, a high school diploma or GED. More and more employers are looking for applicants with an associate or bachelors degree, and statistics have shown that workers with a college degree have the potential, in a lifetime, to earn twice the amount of pay over workers with just a high school diploma. Experience in a career field will get you in to a job in many fields of work, but couple that with education and your potential worth to the employer will greatly increase.

Prepare early for changes in career and life, and take advantage of the Transition Assistance Program (TAP), because change is inevitable. Also remember, every time you transfer from one duty station to the next, your spouse could benefit from the TAP program. That is where the Family Employment Readiness Program and the Relocation Assistance Program can help. Pass the word and come and see us. To find out more about our programs and services direct your web browser to <http://www.nsgrates.navy.mil/fsc/>, or call us at (847)688-3603 and ask to speak with a Family/Work Life Skills Educator, Mr. Donn Merritt, or Consultant, Mr. Gerard Metoyer.



Women's Support Group

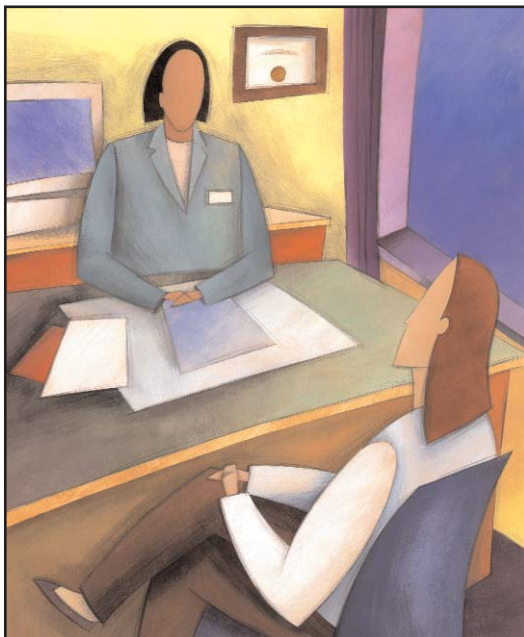
"Enlighten" is a women's support group that provides participants with new and different ways to express themselves creatively through art. The goal of the group is to promote healing, provide information and empowerment and educate participants about the dynamics of domestic violence. The group meets on Wednesdays from 1-2 p.m. in the Fleet and Family Support Center, Bldg 42. All art materials are provided. Contact Janis Brown at (847) 688-3603 Ext. 123 for more information.

Parent Seminar

Maybe you grew up in a home where there was a lot of fighting; maybe you live in one now. Did you know that the effects of domestic violence on children can last a lifetime, whether they are witnesses or victims? You can learn more about how violence affects children now and into their adult life at the FFSC's Parent Seminar. The seminars are held on the third Wednesday of every month in Bldg. 42 and are 2 hours long. Call Karen at (847) 688-3603 Ext. 134 for more information and to sign up. Class dates are January 18, from 1000-1200 AM, February 15, from 2:00 -4:00 PM and March 15, from 1000-1200 AM.

Victim Services

The FFSC Victim Services Program is part of the Family Advocacy Program and supports the interests of victims of domestic violence. A Family Advocacy Victim Advocate (FAVA) in the FFSC provides information about domestic violence, the rights of the abused, and safe and confidential ways to seek assistance. The FAVA also provides support with crisis intervention, safety assessment and planning, transportation to shelters, medical and legal affairs, and support groups. The FAVA will advocate for the victim in civilian courts for orders of protection, and with commands and investigative agencies for military orders of protection. If you need an advocate or just want more information, call Janis Brown at 688-3603 Ext. 123.



Anger Impulse Control Class

This class examines the sources of anger and its triggers and explores ways to bring about positive change in the expression of anger. Each class consists of two 2-hour sessions. To register, call Joyce at (847) 688-3603, extension 139.

Counseling and Advocacy

Individuals are not required to have an appointment to see a counselor in the Fleet and Family Support Center. Walk-in meetings with the duty counselor are available from 8 a.m. to 3:30 p.m. Monday through Friday. FFSC counselors normally operate on an appointment system because it is more efficient for them and for the client, but duty counselors are there to meet immediate needs. Those who need to talk to a counselor on short notice should remember that they may have to wait a few minutes as individuals are seen on a first-come, first-served basis.

Relocation Outreach Centers

The FFSC has two satellite Relocation Outreach Centers with loads of information for transferring Sailors and their families. Get free copies of SITES booklets that contain extensive general information about climate, housing, childcare, and other services and attractions in the geographic area of your transfer. There are also area and base maps, ships' welcome aboard package information, homeport videotapes, access to the Internet to review Navy web sites, and detailed road maps with directions if you plan to drive to your next command. You may also use telephones in the Centers to call your next duty station. Contact a relocation specialist at one of the sites below and make your next transfer the best one of your career. Bldg. 236, Room 165, 688-6202; Bldg. 621, Room 116, 688-2717. No appointment required.

Hospitality Kits Discontinued

The Fleet and Family Support Center (FFSC) has discontinued issuing hospitality kits from its Lending Locker due to manning shortages. Returns of hospitality kits can be made on Tuesdays and Thursdays between 0800 and 1545 hours. An announcement will be made in the POW's and Great Lakes Bulletin when the service is again available. Questions may be directed to Ms. MaryAnn Obenberger at the FFSC, 847-688-3603, extension 142. Call (847) 688-3603, Ext. 100 for more information, or to make an appointment.

Career Options and Navy Skills Evaluation Program (CONSEP)

CONSEP is the newest tool in the Sailor's toolbox to help them navigate their own career development. This training course provides the Sailor with a review of the process that includes the entire Navy Career life cycle. There are two CONSEP classes to choose from. The First Term Accelerator Workshop targets Sailors who have been in the Navy from 1 to 5 years. The Mid-Career Workshop focuses on Sailors in the 6 to 10 year bracket of their military career. Topics discussed include Personal Planning, Financial Management, Navy Career Options, and civilian career options. Sailors interested in shoring up their future should contact their Command Career Counselor or Command Master Chief for information on how to enroll in this valuable program.

Ten Steps to a Federal Job

"Ten Steps to a Federal Job " is the process for navigating the federal job system and successfully applying for federal employment. All "Ten Steps" classes are three-hours long and serve as an introduction or update to the federal job application process. It covers basic writing for federal resumes/KSAs, and touches briefly on the electronic application process. The class is available to active duty service members, retirees, veterans, reservists and their family members. All classes are in The Fleet and Family Support Center, Bldg. 42. To sign up, call (847) 688-3603, Extension 141 or 129.

Resume Writing 101

New to the area or just looking to enter the job market? Start your job search with an effective resume to sell your knowledge, skills, and abilities to a prospective employer. Avoid the frustration and learn the "Resume Writing Process" which will get you pointed in the right direction, and empower your job search and interview process. Find out the latest resume writing trends. Call Gerard at (847) 688-3603 Ext. 129 or 100 to make a reservation for classes. These classes are held at the FFSC, Bldg. 42.



Financial Education

Financial education services, including Command Financial Specialist (CFS) training, command briefs, and individual financial counseling, are available in the FFSC. Call Colleen at (847) 688-3603 Ext. 147 for CFS information. For individual financial counseling or to request a financial briefing for your command, call Fred Davis at 688-3603 Ext. 208.

Career Planning

If you're a military spouse and think you may ever change jobs or enter or return to the workforce, FFSC's Employment Readiness training has a class for you. There are a variety of programs designed to empower job seekers by making them aware of their choices, providing a plan to achieve goals and exploring employment options in today's job market. For more information, call Gerard at (847) 688-3603 Ext. 129.

Job Preparation

If you are a Navy spouse who wants to enter the job market for the first time, or one who is getting back into the working world after a spell of "stay-at-home" work, you can get an assist from the FFSC. The Employment Readiness Program offers classes and personal coaching on resume writing, information about job fairs, and job-hunting advice. They also have a huge library of resources for job-seekers, along with internet access for searching help wanted sites. Contact program coordinator Gerard Metoyer at 688-3603, Ext. 129.



Starting Your Own Business

The next "Starting Your Own Business" class will be held on February 10, 2006 at the Fleet and Family Support Center Building 42, beginning at 1:00 PM. To register, call (847) 688-3603, extension 100. If you have any questions, contact Gail at 847-688-3603, extension 128.

Strategic Job Search

There are many ways to search and apply for jobs; the best method is the one that gets you the interview. At the Fleet and Family Support Center, explore the many methods of job search that will help you land the job you want. Contact Gerard at (847) 688-3603, extension 129.

Careers for Working Spouses

Navy and Marine Corps spouses now have the opportunity to develop careers and accumulate benefits in spite of their mobile lifestyle, thanks to an agreement between the Navy and the nation's largest staffing company, Adecco. The program is called Career Accelerator. It provides counseling and training at no cost, and places job seekers with Adecco clients. When a family transfers, the spouse makes contact with one of the more than 1,400 Adecco offices in the U.S. to find placement in another job. As an employee of Adecco, the worker accumulates benefits such as vacation time and 401K contributions. The company places workers in a wide variety of positions, including clerical, administrative, call center, engineering, information technology and light industrial. Call Gerard at (847)-688-3603, extension 129 for information.



Career Talk...

What is a career? BrainyDictionary.com defines a career as 'General course of action or conduct in life, or in a particular part or calling in life, or in some special undertaking.' When I think of the word 'career' it brings to mind a picture of someone who does a type of work, has been doing it for some time and is very good at it. Along with that career I can picture this person advancing in position and pay. Now let's define the word 'job.' Merriam-Webster online defines 'job' as '1 a : a piece of work; especially : a small miscellaneous piece of work undertaken on order at a stated rate.' Now I ask my self do I have a career or do I have a job? How do I decide?

Before I get into a philosophical discussion with myself over that point, let's try some simpler questions like: Do I enjoy what I am doing for work? If for some reason I had to leave this job, would I seek out this same type of employment elsewhere, or would I change direction totally? Can I find employment in the same field wherever I go? Lastly, does the salary or pay in my current line of work provide the type of pay I need or desire?

The transient nature of a military family has us asking ourselves these questions time and again. If you are not in a career that meets your needs, it might be time to change. The question "what do you want to be when you grow-up?" applies at any age. So, what do you want to be?

If you are exploring the idea of a career change, here are some steps to help you get started:

1. Assess where you are now; decide if you need to change everything about your current employment or if you can change certain aspects or conditions that would allow you to be happy with where you are.
2. If you decide on career change, take an assessment of your values, skills, and your occupational interests. These assessments can also help you identify why you may not be satisfied in you current employment.
3. Explore your options; investigate the occupations you are interested in and see what will work for you.
4. Make a plan; map out the steps required for you to move into that occupation, set long term and short term goals with specific target dates. Work the plan.
5. Build your support network; involve your spouse, family and friends; let them know your plan, and let them help you stick to it. Use all of your resources to help you; FFSC Transition Assistance and Family Employment Readiness Programs in Bldg 42, Life Long Learning Center in Bldg 617, the Lake County Job Centers, and any other military and community resources.

For your career transition needs, the Fleet and Family Support Center offers guidance and training. These services are provided by our Work/Family Life Skills educators and consultants with the Transition Assistance Program and the Family Employment Readiness Program. To sign up for a class or to make an appointment to speak with a Work/Family Life Skills consultant, call the Fleet and Family Support Center at (847)688-3603, ex 100, for the front desk, or ex 129 for Gerard Metoyer.